HERBAL RECIPES

EFFECTIVENESS FREE PROVEN of MEDICINAL GRASSES.
Than one century here you will find a lot of old recipes,
both for use in medicine and in cosmetology!

Preface

Nearly all cultures from ancient times to the present day have used plants as a source of medicines. A considerable percentage of the peoples in both developed and developing countries use medicinal plant remedies and, according to the World Health Organization (WHO),the number is on the increase,especially among younger people.In the industrialized countries, consumers are seeking visible alternatives to modern medicine with its dangers of over-medication. The escalating cost of sophisticated medical care is another factor.

Over the last decade or so, WHO's Health Assembly has passed a number of resolutions in response to a resurgence of interest in the study and use of traditional medicine in health care, and in recognition of the importance of medicinal plants to the health systems of many developing countries.
In answer to WHO's call, health authorities and administrators in developing countries have decided to take traditional forms of medicine more seriously and to explore the possibility of utilizing them in primary health care.

"Women & Child Welfare Society" publish the Selected 20 Medicinal Plant Species Uses & Benefits this great surge of public interest in the use of plants as medicines has been based on the assumption that the plants will be available on a continuing basis. However, no concerted effort has been made to ensure this, in the face of the threats of increasing demand, a vastly increasing human population and extensive destruction of plant-rich habitats such as the tropical forests. In some developing countries, users have to boil their plant medicines using precious wild-collected fuel wood, and so add insult to ecological injury.

With Thanks

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Selected 20 Medicinal Plant Species Uses & Benefits

Ghritkumari Plant: Aloe Vera Uses & Benefits

Hindi Name: **Ghee Kunwar**
Sanskrit Name: **Ghritkumari**
English Name: **Aloes**
Latin Name: **Aloe vera Tourn ex. Linn**
A perennial undershrub about 2-4 feet in height with fleshy succulent leaves having horny prickles on their margins. It is common throughout the country and also found in many other parts of the world. Leaves are used for various formulations particularly

Aloe Vera Medicinal Uses:-

Its Use is Recommended in Ayurveda. As a Skin Conditioner and in the Treatment of Non-Healing Ulcers, Burn injuries and in Treating the Liver Diseases Like Jaundice. Experimental Studies On Aloe Suggest Its Positive Cosmetic Value And Wound Healing Properties. Also It Was Observed That Internal Use Of Aloes Evokes Positive Immune Response In Experimental Animals.The Use Of Aloe Vera Is Bestowed With Multifaceted Benefits For Skin. By Virtue Of These Properties, It Is Used Frequently In The Skin Care Preparations Across The Globe.

Asparagus racemosus (Satawari)

Asparagus racemosus (satavar, shatavari,or shatamull,shatawari) is a species of asparagus native from Africa through southern Asia. A prickly prsotrate undershrub growing wild as well as cultivated in warmer regions of the country. Fleshy tuberous roots of the plant are used in the preparations of traditional health care products.Asparagus racemosus might have antioxidant and antibacterial effects. It might also stimulate the immune system. People use Asparagus racemosus for athletic performance, diabetes, HIV/AIDS, lactation, and many other purposes, but there is no good scientific evidence to support these uses

Bacopa monnieri (Brahmi)

Bacopa monnieri, also known as water hyssop, brahmi, thyme-leafed gratiola, herb of grace, and Indian pennywort, is a perennial, creeping herb native to wetland areas globally. It is used in Ayurveda. **Scientific name:** Bacopa monnieri **Family:**Plantaginaceae, **Genus:**Bacopa**Kingdom**

These studies suggest that bacopa could have the following health benefits, among others:-

- Improve attention and memory.
- Speed up the processing of visual information.
- Reduce the symptoms of attention
- deficit-hyperactivity disorder in children.
- Help prevent seizures.
- Reduce anxiety.

Boerhavia diffusa (Punarnava)

Boerhavia diffusa is a species of flowering plant in the four o'clock family which is commonly known as punarnava, red spiderling, spreading hogweed, or tarvine. It is taken in herbal medicine for pain relief and other uses. The leaves of Boerhavia diffusa are often used as a green vegetable in many parts of India. **Scientific name:** Boerhavia diffusa**Family:**Nyctaginaceae**Genus:**Boerhavia

The root of the plant is used as diuretic, stomachic, cardiotonic, laxative, expectorant, anthelmintic, hepatoprotective, febrifuge, to treat gonorrhoea, enlarged spleen, jaundice and other internal inflammations. In moderate doses, it is used for the treatment of asthma

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Centella asiatica(Mandookparni)

Centella asiatica, commonly known as Indian pennywort, Asiatic pennywort, spadeleaf, coinwort or gotu kola, is a herbaceous, perennial plant in the flowering plant family Apiaceae. It is native to tropical regions of Africa, Asia, Australia, and islands in the western Pacific Ocean. **Scientific name:** Centella asiatica,**Family:** Apiaceae
It is widely used as a blood purifier as well as for treating high blood pressure, for memory enhancement and promoting longevity. In Ayurveda, Centella asiatica is one of the main herbs for revitalizing the nerves and brain cells.

Cissus quadrangularis (Hutjodi)

Cissus quadrangularis is a perennial plant of the grape family. It is commonly known as veldt grape, winged treebine or adamant creeper. The species is native to tropical Asia, the Arabian Peninsula and much of Africa.**Scientific name**:Cissus quadrangularis
Family: Vitaceae,**Genus:** Cissus,**Kingdom:** Plantae
Cissus quadrangularis might have antioxidant, pain-relieving, and anti-inflammatory effects. It might also help stimulate bone growth. People use Cissus quadrangularis for obesity, fractures, joint pain, low bone mass, and many other conditions, but there is no good scientific evidence to support most of these uses

Cymbopogon Citratus(Lemon grass)

Cymbopogon Citratus, commonly known as West Indian lemon grass or simply lemon grass, is a tropical plant native to South Asia and Maritime Southeast Asia and introduced to many tropical regions. Cymbopogon Citratus is often sold in stem form.

Scientific name: Cymbopogon Citratus
The plant is used as a fragrance and flavoring agent and in folk medicine as an antispasmodic, hypotensive, anticonvulsant, analgesic, antiemetic, antitussive, antirheumatic, antiseptic and treatment for nervous and gastrointestinal disorders and fevers.

Hibiscus rosa-sinensis (Gudhal)

Hibiscus × rosa-sinensis, known colloquially as Chinese hibiscus, China rose, Hawaiian hibiscus, rose mallow and shoeblack plant, is a cultigen of tropical hibiscus, a flowering plant in the Hibisceae tribe of the family Malvaceae.**Scientific name:**HibiscusRosa-sinensis**Family**: Malvaceae, **Genus:** Hibiscus.Large, spinuous and yellow pollen grains. Hibiscus rosa sinensis flower contains anti fungal activity, anti oxidant activity, anti cancer activity, cardio productive activity, anti diabetic activity , Immune response activity, Gastro protective activity. Hibiscus flowers may be best known for their vitamin C content and their antioxidant and anti-inflammatory effects, and multiple studies indicate hibiscus may be helpful in improving all aspects of metabolic syndrome, including high blood pressure. Several clinical trials have shown that can lower blood pressure

Justicia adhatoda (Adusa/ Vasa)

Justicia adhatoda commonly known in English asMalabar nut,adulsa, adhatoda, vasa, vasaka, is native to Asia. Adathoda means 'untouched by goats' in Tamil.The name derives from the fact that animals like goats do not eat this plant due to its extreme bitter taste,**Scientific Name**,Justicia adhatoda,**Family**: Acanthaceae, **Genus**:Justicia.Its leaves contain bioactive compounds that provide numerous health benefits, including relief from respiratory issues, coughs, and digestive disorders. Can Adulsa plant help with respiratory issues? Yes, the Adulsa plant is highly effective for treating respiratory issues such as asthma,bronchitis,and congestion
The leaves, roots, flowers, and bark of this plant have been used in the treatments of cough, colds, asthma, to liquefy sputum, as a bronchodilator, bronchial catarrh, bronchitis, and tuberculosis

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Lowsonia inermis(Mehandi)

Lawsonia inermis, popularly known as Henna or Mehndi in the Oriental world, is an evergreen medium sized shrub of the Family Lythraceae. The leaf paste of this plant has been traditionally used for dying hair, skin and nails since antiquity.Lawsonia inermis is a shrub that belongs to the family Lthyraceae and commonly known as henna. Paste of henna leaves contain two natural dyes, napthaquinone and lawsone, and are widely used for coloring of palm and hairs. Decoction and ointment of henna leaves is also useful in wound healing, burns, and ulcers.Henna contains substances that might help fight certain infections. There is also some information that henna might decrease the growth of tumors, prevent or reduce spasms, decrease inflammation, and relieve pain.

Mimosa pudica,(Lajwanti)

Mimosa pudica, also known as lajwanti, is a flowering plant that is known for its rapid leaf movement: **Appearance:** This plant has compound leaves that fold inward and droop when touched or shaken, and then reopen a few minutes later. It also closes its leaves at night and reopens them in the lightM. pudica is also used to avoid or cure several disorders like cancer, diabetes, hepatitis, obesity, and urinary infections. M. pudica is famous for its anticancer alkaloid, mimosine, along with several valuable secondary metabolites like tannins, steroids, flavonoids, triterpenes, and glycosylflavones.

Moringa Oleifera (Sahjan)

Moringa oleifera is a fast-growing, drought-resistant tree of the family Moringaceae, native to Northern India and used extensively in South and Southeast Asia.Common names include moringa,drumstick tree, horseradish tree, or malunggay.**ScientificName:** Moringa Oleifera, **Family:** Moringaceae, **Genus:** Moringa.Moringa oleifera, also known as the “tree of life” or “miracle tree,” is classified as an important herbal plant due to its immense medicinal and non-medicinal benefits. Traditionally, the plant is used to cure wounds, pain, ulcers, liver disease, heart disease, cancer, and inflammation.

Murraya koenigii (Karipatta)

The curry tree or Bergera koenigii, is a tropical and sub-tropical tree in the family Rutaceae, native to Asia.The plant is also sometimes called sweet neem, though M. koenigii is in a different family from neem, Azadirachta indica, which is in the related family Meliaceae.**ScientificName:** Murraya koenigii,**Family:** Rutaceae **Genus:** Bergera, **Kingdom:** Plantae.Drinking curry leaf juice on an empty stomach daily reduces obesity. This gradually melts the fat accumulated in the body. The vitamins and minerals found in curry leaves help in increasing immunity and boosting metabolism

Ocimum sanctum (Tulsi)

Ocimum tenuiflorum, commonly known as holy basil, tulsi or tulasi, is an aromatic perennial plant in the family Lamiaceae. It is widely cultivated throughout the Southeast Asian tropics. It is native to tropical and subtropical regions of Asia, Australia and the western Pacific. **ScientificName:**Ocimum tenuiflorum,**Family:** Lamiaceae,**Genus:** Ocimum **Kingdom:**Plantae. Tulsi is beneficial for treating common cold, flu, fever, Asthma, stress, Diabetes, heart disease, malaria, liver disease, diarrhoea, and insomnia..

Phyllanthus emblica (Amla)

Phyllanthus emblica, also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree, or amla, is a deciduous tree of the family Phyllanthaceae. Its native range is tropical and southern Asia. **Scientific Name:** Phyllanthus emblica **Family:** Phyllanthaceae, Rich In Antioxidants. Amla is rich in immune-boosting nutrients like vitamin C. Promotes Heart Health. Although more research is needed, studies show that amla supplements may help manage lipid levels,May Help Manage Diabetes. May Help Prevent Cancer,May Help with GERD

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Plectranthus amboinicus(Patta Ajwayan)

Plectranthus amboinicus, also known as Patta Ajwain, is a small, aromatic, and perennial plant with many uses: **Medicinal**: In folk medicine, Patta Ajwain is used to treat colds, coughs, fevers, skin diseases, and more. It's also considered a "Thousand utility plant" in Ayurveda. **Culinary**: The leaves can be eaten raw, used as a flavoring, or added to chutneys, soups, or pakoras. **Ornamental**: Patta Ajwain is used as an ornamental plant in tropical regions.**Mosquito repellent**: The juice from the leaves can be applied to the skin or inhaled as vapor to repel mosquitoes. **Other uses**: The leaves can be used to make refreshing juices or healthy dips.**Scientific name**: Plectranthus amboinicus,**Family**: Lamiaceae **Leaves:** Fleshy, green, hairy, and full of essential oils **Aroma:** Pungent combination of oregano, thyme, and turpentine**Taste**: Similar to oregano with a sharp mint-like pepperiness. Patta Ajwain is native to parts of Africa, the Arabian Peninsula, and India, but is now widely cultivated and naturalized in tropical regions It is widely used in folk medicine to treat conditions like cold, asthma, constipation, headache, cough, fever and skin diseases. The leaves of the plant are often eaten raw or used as flavoring agents, or incorporated as ingredients in the preparation of traditional food.

Tinospora cordifolia (Giloe)

Tinospora cordifolia is a herbaceous vine of the family Menispermaceae indigenous to tropical regions of the Indian subcontinent. It has been used in Ayurveda to treat various disorders.**Scientific name:** Tinospora cordifolia. Tinospora cordifolia is used for diabetes, high cholesterol, allergic rhinitis (hay fever), upset stomach, gout, lymphoma and other cancers, rheumatoid arthritis (RA), hepatitis,peptic ulcer disease(PUD), fever, gonorrhea, syphilis, and to boost the immune system.The stem of Tinospora cordifolia is widely used in the therapy of diabetes by regulating the blood glucose[48] in traditional folk medicine of India. Diabetes care and women's health, to Liver, Lungs, and Thyroid cleanse tea, we have all. Namhya believes wellness is a journey Giloy (T. cordifolia) is a climbing shrub and an essential herb in Ayurvedic medicine.All parts of this plant are thought to have health benefits. People have long used it to treat a wide range of issues, including fever, infections, diarrhea, and diabetes

Vitex negundo (Neergundi)

Vitex negundo, also known as Nirgundi, Sambhalu, or Sinduvaar, is a plant that is common in India and has many uses: **Medicinal**: In Ayurveda, the whole plant is used to treat a variety of conditions, including joint pain, rheumatic inflammation, and lung problems. Nirgundi leaves can be boiled in water and consumed to help with fevers. The seeds are used in folk medicine in China to treat pain disorders.**Pesticides and fungicides**: The plant's many alkaloids make it an effective pesticide and fungicide. **Herbal preparations**: Nirgundi is a constituent of many herbal preparations. **Other uses**: Nirgundi is also used to treat insect and snake bites, ulcers, sore throat, cough, fever, and clogged sinuses. **Pain:** Joint pain, stomachache, hernia pain, dysmenorrhea, arthralgia, and piles. **Skin:** Helps with hypo pigmentation of skin

Infections: Combats infections, reduces high body temperatures, and boosts immunity.
Menstrual flow: Supports healthy menstrual flow in females.

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Ashwagandha:

Withania somnifera, known commonly as ashwagandha, is an evergreen shrub in the Solanaceae or nightshade family that grows in Nepal, India, the Middle East, and parts of Africa. Several other species in the genus Withania are morphologically similar.

Scientific name: Withania somnifera

Family: Solanaceae,**Genus:** Withania**Kingdom:**Plantae

Ashwagandha: 10 Benefits, Uses And Side Effects

10-Proven Health Benefits of Ashwagandha

1. Reduction of inflammation:
2. Decreases the likelihood of cancer
3. Relieves stress and anxiety
4. Improves immune function and anti-aging properties, 5-Enhances memory,
5. Reduces blood sugar and fat
6. Promotes cardiovascular health
7. Improves Hypothyroidism or Underactive Thyroid Function,8-Helps Improve Depression
10. Boosts Muscular Strength and Endurance
11. Lets understand the benefits in details

Zingiber officinale (Adrak).

Ginger is a flowering plant whose rhizome, ginger root or ginger, is widely used as a spice and a folk medicine. It is an herbaceous perennial that grows annual pseudostems about one meter tall, bearing narrow leaf blades.

Top 5 ginger varieties and their usage

1-Common ginger. Also known as Indian or Chinese ginger, it is one of the types of ginger that is widely used in curries, stews, and soups all over Asia.

2-Galangal.3-Turmeric.4-Peacock ginger.5-White ginger.

In this sense, numerous studies have demonstrated that ginger is capable of potentially preventing cardiovascular diseases, associated pathologies that act as cardiovascular diseases risk factors (diabetes, obesity, and metabolic syndrome), chemotherapy-induced emesis and nausea, arthritis, gastric dysfunction, pain,Ginger has protective effects on the kidney, however the molecular mechanism of this effect has not yet been fully elucidated. Therefore, this work studied molecular mechanisms of ginger effects on ethanol-induced kidney injury

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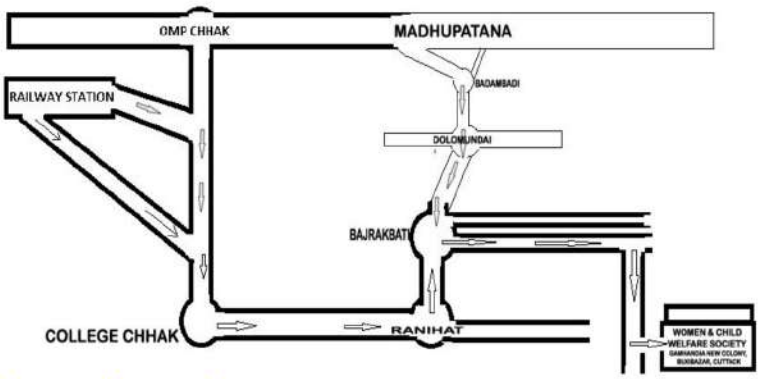

SAGE

RHODIOLA ROSEA

SAGEBRUSH

MOTHER & STEPMOTHER

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ANISE

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